Turiya Speaks

Divine Discourses

Volume I

Given by:

Swamini A.C. Turiyasangitananda

This book
is dedicated to
the Lotus Feet of
Sri Satya Sai Baba.

Turiya Speaks

Divine Discourses

Volume I

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A.C. Turiyasangitananda's Message

During the ancient days, great saints and sages have proclaimed the magnificent wondrousness and glory of God, and were continuously teaching in assemblies the scriptural, eternal truths of the Lord, together with rendering accounts of His divine lilas.

Today, many persons are privileged to have the glorious dispensations and revelations of the Lord for their spiritual upliftment. Moreover, to certain persons, it is an honor, privilege, and a blessing to have been selected to convey God's holy scriptures and teachings to others.

This booklet contains several discourses from the vast reservoir of divine knowledge that has been dispensed to earth and promulgated through the sampradaya (the guru-pupil system).

I am truly indebted to the Lord for entrusting me with His Holy Word, and I thank the Lord for such divine mercy and kindness upon me.

Om Sai Ram,
A.C. Turiyasangitananda

Swamini A.C. Turiyasangitananda

is a profound Spiritual Master and Divine Instrument of the Supreme Lord. God endowed her with the highest wisdom, knowledge, and guidance required to engage in spiritual service to humanity. Swamini was the founder and spiritual director of The Vedantic Center's *Sai Anantam Ashram* in Agoura, California. The meaning of her name radiates the essence of Divinity: *"Turiya"* — Superconscious, Transcendental State; *"Sangita"* — Sacred Music; *"Ananda"* — Bliss

Remake Yourself, Spiritualize Your Life...

"One has to develop love, discharge our duty sincerely and follow the path of truth with unwavering faith to attain Divinity."

Satya Sai Baba
San.S 7.03 pg200

Om Shanti Everyone,

What a great day the Lord has made for us all to gather in this beautiful sanctuary. And for the mercy? It is so great! We must be thankful that God has permitted us to present a beautiful *Mandir*, a beautiful Sanctuary like we have never seen before; such an opportunity, isn't it, to serve the Lord and not serve yourself. What good could possibly come from self-service? Something that you have put your hand to offer to the Lord is what life is about.... It is not really about our concerns and our interests nor our particular

ambitious pursuits. What is life really intended for? It is to realize God, to seek the truth that is God, and to serve the Lord, that is life.

I want to say *Om Shanti* to all of the students who cooperated, who worked together in the right spirit to bring about this day. Interestingly, there was one more weekend which could have been allowed for further duties and further construction. However, what did the Lord order? This day, February 26, was ordered. It should be that we not try to serve according to our own schedule. We should set a standard, set a goal, so that when the Lord gives a service or duty to be done, we are ready to comply and to go about the task of accomplishment. The spirit of cooperation seen was remarkable. I would hope that it would continue. When the Lord gives a date, sets a schedule to be met, that is all that matters. God was very kind and very patient. What we are seeing, after all that occurred with the weather circumstances, the postponements, is that we have arrived at this great day. We are very thankful for what has been achieved. To offer the Lord

something that we can remake... It is very interesting, because actually, what do we make? As people, as humanity, we make mistakes. We do not really make or create something that was not already here first in the *prakriti.* If we want to make metal, we go in the ground to get the ore, we take the ore to invent something. All of the flowers: they came from outside. And, we thought we made beautiful offerings of garlands and floral arrangements. Look at what we have remade, something that was from God's reservoir of ideas in an elemental form. This building was remade, recreated. How does that correlate with the spiritual path? You have a life that you did not create. God is telling you to do what with it? Remake it! That old person with all those old ideas, unsacred thoughts, bad influences, get rid of them and remake the spiritual person that you should be, that is acceptable in God's sight. You know who has to do this task? Remember the effort that went into this building. The Lord said, "It is going to be done according to My Will," that was all. You have the *Gita*, you have *Upanishads*, you have other Vedic literature, and you have been getting the

spiritual guidance. And yet, you have to change your thoughts, you have to edify your life, you have to spiritualize your life and come away from the old person. In Ephesians of the New Testament it says, "That ye put off concerning the former conversion, the old man, which is corrupt according to the deceitful lusts; and be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness." (22-24) Those who have been renewed in the spirit of God, those who are born of God's spirit, are called born again. We, humanity, have a duty, spiritually, to perform in the construction area. Go inside the *Antahkaran* and overhaul it, rebuild it so that the components of the mind, subconscious mind, intellect, and *trigunas* opposing you will cease. They are all totally unrelated, like a building full of people who have a particular duty, yet they are not relatives. They involve with the maintenance in the building, however, mind and intellect, are they at least cousins? No... Mind and subconscious mind, are they at least half-sisters or brothers? What about your body and your soul? People think that they are

the same thing, they are not related either. Think about these facts:

Mind is not related to the
subconscious mind...
Subconscious mind is not related
to the intellect...
Intellect is not related to the *trigunas*...
Trigunas are not related to the
intelligence, nor the chit-consciousness...
The chit-consciousness is not related
to the *indriyas*...

This means you are a compartmentalized human being. You are not a whole person without having spiritualized your life for God. This is why there is chaos. This is why there is confusion. The mental faculty appears unrelated to anything. It does not become related, until all aspects of one's being are focused in a devotional direction. How many times does the mind have to fight with the intellect and the intellect has to struggle with the *indriyas*? Often, the senses are saying, I want to do

this, I want to go out at night, and the mind is saying, I am supposed to study, I am supposed to meditate. The *indriyas* say, I prefer sense gratification, and anything less is not wanted. The fact that you have that innate opposition, lets you know clearly that you have the matter of edifying your life, of bringing everything into balance, of maintaining levels of equanimity and stability, so that mind, senses, intellect, and the remainder of the *antahkaran*, all serve God's purpose. Thus, when it is time to meditate and time to pray, the senses are ready for prayer and meditation, and the intellect is clearing the way, making sure that you can optimize those moments of meditation.

The kind mercy of the Lord has given to us today, a Sanctuary, remade. I would hope that in your lifetime, you can become the persons that you truly are: God-fearing people who are living a dedicated, spiritual life. How many can stand up and say, "I am living a life for God and God alone?" However, some will say, "Yes, I am dutiful, yes I am fulfilling a responsibility to family, to home, to community;

and eventually, there will be nothing in my life more important to me, other than God. And that is all that I live for everyday."

What is the point of life without God? Some persons say that they would go to purgatory if God is there; and if God is not in heaven, they do not want to go there. Surely, you can see where your focus should be, it is to live your life for God. Become God's idea of you. Put forth a good effort to achieve this grace. Then, your *sadhana*, your prayers, your meditations, your selfless service to others, your dedication to God and your living a consecrated life, a spiritual life for the Lord will be fulfilled.

What about the mercy? *Baba* was very patient with everyone over the past six months. I am very thankful that we can offer this beautiful *Mandir*, this beautiful Sanctuary to the Glory of God. "Let My house be a house of prayer," the Lord told us, "and receive your blessings." You worked, you cooperated; you put the time, effort and energy into this day. *Baba* chose it, therefore, you can get the blessings.

We offer our remembrances, and our observance to Lord *Siva*. Tonight is the night to be awake. Offer your prayers, your meditations and think about His virtues. He removes ignorance. He removes the darkness. He brings the light of wisdom and knowledge. He gets stringent sometimes, that is His nature. Therefore, if the windows are shaking, that is okay. If you hear some movement from the floor, it is not an earthquake, it is Lord *Siva*. This is His night... Offer those respects! Keep your vigil! Fast! Offer obeisances, for truly there are special blessings waiting for you. Do not miss out! Do not miss the opportunity!

Om Namah Sivaya!!! Om Namah Sivaya!!! Salutations to the Great Lord *Siva*. *Guruve!!!* They call him *Guru*, because *Guru* means to remove the ignorance and dispel the darkness of sin. *Sat Chit Ananda*... He is endowed with the fullness of existence, knowledge and bliss. You want to be able to recognize truth, you want to be able to identify with this truth. Ultimately, you want to dwell and abound in this truth.

"Sat Chit Ananda Murtaye"
is the form of His Divinity.
"Nish Prapanjaya Shantaye..."
Even the *Vedas*
cannot describe the Glory
of His peace.
"Nira Lambaya Tejase"...
Full of truth,
full of the effulgent light
that removes, that dispels
all of the clouds
of ignorance, and indolence.

Remember this, introspect upon it, meditate and pray. It is so very important...

I pray that all those present will acknowledge the truth that is God and will look within to the true light of hope, peace, and divine love; and know that it comes from God, and that there is no other possible way to obtain it, such to the extent that you are edified in your heart, uplifted unto the spirit, and that you have

made true spiritual progress in advancement Godward. Strive on! That is my prayer. Continue your *sadhana*. Continue to purify your life, and go forward, onward, all the way, beyond Liberation, beyond Salvation, even beyond Self-Realization. There is still the highest to reach, and that is, Realization in God.

Om Shanti,

A.C. Turiyasangitananda

(February 26, 1995)

Recognize God as the Indweller of your Heart

"God is with you, in you, and around you. He is not elsewhere. Develop this firm conviction."

Satya Sai Baba
SS 3/94 p60

Om Namo Bhagavate Vasudevaya,

Today we have so much to be thankful for. We have the great blessings and mercy of the Lord upon us. We have been given the new opportunity to be reincarnated as *Sai Anantam Ashram.* This is a rare privilege, one for which we are very thankful. The mercy of the Lord is very great! Therefore, we thank the Lord for this new day, for new direction, for the new purpose, also, for the new task ahead of us. And that is, to make the optimum, the most out of life spiritually and to

grow, develop, to turn away from old habits, ideas and interpretations, and move into a new era of spiritual life. What God has endowed us with; what God has given is a Holy Temple, a new life, a new energy for us to go forward, onward, upward to the highest as a people, as an *ashram.* In this context, there is nothing greater, nothing higher, nor better.

I want to share with you the fact that *Baba's* presence is very strong. Many of you are aware of it. It is so beautiful when there is a manifested Presence. Maybe not to everyone visibly, or visually; however, there is a recognizable Presence of *Baba* here. Even if it might be considered that this is a ritualistic kind of remembrance, presumption, or speculation, it is not. There is Divine Presence here and we are blessed to have it.

I would hope that every one had meditation in the *Brahmamuhurta* hours, in the early morning part of the day. That was a very auspicious time to be up, to be awake, and to recite the Name of the Lord. If

you were awake during *Brahmamuhurta* time, your blessings are forthcoming. There are certain written provisions, written injunctions and there are some that are unwritten. What was given to you, was not necessarily written in the scriptures, per se. However, the particular day and time was told, as well as what you all could do in addition to any other *sadhana* that had been engaged in; and that was to recite the Holy Name. You tell me when the blessings *continue,* you will have more wonderful things to share.

Om Shanti. We want to look at how the Lord was teaching in the ancient days, 8 billion years ago, 5,000 years ago. The Lord was teaching in the battlefield to the prince, *Arjun* who was an exemplar of a devotee of God. A devotee would not be symbolic of disbelievers, who are putting forth no spiritual effort. He symbolizes that portion of humanity which strives to realize God and live a devoted spiritual life. This is why Arjuna was chosen to be present on the battlefield on the day when the Lord gave discourse before the war started. Nobody ever heard of such a thing.

Specifically that the Lord would give the *Bhagavad-Gita* in its entirety of eighteen chapters before the war began. The holy discourse rendered was not only for Arjun's sake, it was also for the sake of humanity. It is great mercy that these teachings have survived over millions of years since they were given to *Vishwanath*, the sun. They have been preserved; they have been sustained; and they have been handed down throughout the generations. And here we are, having the ancient, Vedic spiritual literatures available to us in the modern day society. It is truly a blessing... The Lord always told us that, "It does not matter what might become of any of My Word in the scriptures. If it is buried, if it is burned, if it is underwater... I will recover it! I will restore it! Because, My Word will prevail, as My Will prevails. It cannot cease to be through any geological change, nor geographic events in history." For example, the Dead Sea scrolls: nobody was supposed to know where they were hidden. However, the Lord made it clear, and allowed them to be found. They had been preserved in the mountainside. Who would know to enter those caves where the monks had hidden the

scrolls? Only the Lord, and He will see to it that His Words survive and that His Will prevails.

Om Shanti. Let us see how the Lord was teaching that day... *Sri Bhagawan Uwacha*, "In all of the people, the living entities," the Lord says, "I am situated in the heart. I am in the heart of the atoms. I am in the heart of every aspect of life. I am in the heart of the ill and unenlightened, as well as in demigods, angelic beings and seraphics, etc." In addition to that, the Lord said, "There are those who know that I am situated within." That is the difference. "To one who knows that I am there, you are one with Me. You are remembering Me, you are thinking of Me, and you are not calling Me to come forth only from the heaven worlds. You are not calling Me to come forth from *Dwaraka*; you are not calling Me to come from halfway around the universe. When you call upon Me from the depths of the heart, where I am situated, you truly know that I am here." Then the Lord said, "I also consider those that recognize Me as the Indweller in the sanctuary of the heart to be *yogis*." Did the Lord mean *hatha*

yogis, raja yogis? What kind of *yogi* is the Lord talking about? Ascetic *yogis*? The Lord said, "Everyone who recognizes Me in the heart, are *yogis*." What is meant by this? Was He talking denomination? Was He speaking about classification? No. More than that. He was speaking about everyone. I believe that this embodies the whole, the all, the total. Of children, it would be a young child like *Prahlad* who knows this truth. Among older people, it can be mothers, fathers, ascetics, meditators, and devotees. "All true *yogis* recognize Me as *Paramatman* in the heart." The Lord continued by saying, "You are yoked to me! What the term *yogi* in Sanskrit literally means, is to be yoked. What is the etymology of a word? It is taking the smallest root of the word. *Yog*, means to yoke, join, or to unite. The Lord says, "I am considering that you are already united in consciousness with me, when you know I am here." It is very beautiful to know that God is here, rather than saying, I have to pray to God to come down from heaven to be with us. It is better to know that God is within your heart instead of believing that God is away in a distant location. Yes, one can go on

tirth, one can go to a hermitage; however, know that Almighty God is enshrined within you. That is the true purpose of that verse. It is to know that God is here. People make mistakes. Wrongs are committed. And yet, they are not good or bad to the Lord. God has equal vision. The Lord only sees souls, as they truly are, a part of the Lord.

Some people focus on their wrongs, all of their faults and defects and try to correct them. You focus on the flaws and defects of others to condemn them. However, that is not your jurisdiction. Is it? God is the judge. Let the Lord make the decision. Let the Lord take care of it. You should be about the task of correcting your flaws and defects continuously. *Baba* repeatedly tells us, "Divinity is in you already. Can you just look within?" There is always God at anyplace. Wherever we look, whatever we see, it is of the Lord. *Sri Satya Sai Baba Bhagawan* says, "To see God face to face, that is the only wish devotees have in their mind, and in their heart." Who do you think

is going to be the first to see the Lord, those who think God is in heaven only, or those who say God is in the heart? The Lord already made it clear, "If you are going to call Me from heaven, I am going to take the time and come from heaven. If you are going to call Me from above all universes in creation, then I will take the time and come from above all universes in creation. Moreover, those who call Me from the heart, I am here; I arrive immediately... immediately, one need not wait."

That is the Lord's message today. Dwell upon it... Introspect on it... The saints and sages have exemplified these teachings throughout the ages. Somehow, most people do not believe them, otherwise, they would live that belief.

In terms of light, there is a difference of a full manifestation, isn't there? We see our sun in the sky, if there is a cloud, we have a partial manifestation. Because we have the daylight, we may not have the heat nor fully see the sun's rays brightly shining all the

way to earth. We must look beyond whatever veil of creation and recognize one Lord. Maybe, one day, it will be in your experience to know that there is only one God dear and near to us.

Om Shanti,

A. C. Turiyasangitananda

(March 25, 1995)

God is The Seer

"I Am the source of all; and from Me everything evolves and flows; understanding thus, the wise, endowed with loving consciousness, worship Me."

Sri Krishna
BG Ch.10 vs.8

Om Shanti Everyone,

We offer our thanks. Every day is a great day in God. The mercies are continuous, the blessings are endless and the guidance never ceases. God is here! God is near! It is so interesting, the various ways in which God is present, yet not recognized by the people of this world. There are countries where religion was banned, for example, the country of Russia or the Soviet Union. However, there was still spiritual light flowing through that country to various people who had

spiritual gifts and who had to take birth in a country where laws close the doors and do not allow a person to pursue his religious beliefs. God intervened by letting certain persons be born with gifts of the mind, of the spirit, of healing. Science had no knowledge of how to fathom this, how to understand it. It went beyond all technology, all science, and academia. Because the Lord allowed certain people to have psychical abilities, clairvoyant sight, and clairaudient attributes, one of the Russian scientists said, "We must do research into this area because nature has hidden from us something that we need." It is so interesting to say that nature hid this when one's countrymen had a hand in not encouraging people to develop their mental, spiritual abilities and capacities. Also, people were not allowed to use words like 'Absolute God', or the 'Supreme'. Moreover, scientists knew it was a power that was beyond them.

One interesting aspect of this study was, scientists examined the brain of certain persons and said, "What are the brainwaves doing? What is happening

to them when religious subjects are presented?" The Lord teaches in *Endless Wisdom* that, "I Am the Seer. I have arranged that I would see My entire creation, at all times, at once." It is God-consciousness that gives us the ability to see, and it is the same consciousness that lets us hear, lets us reason and lets us speak. It is all managing, operating, regulating the area of the speech, sound, sight, memory, etc. In *Endless Wisdom* "I Am the seer" corrects the misunderstanding when we look through these eyes, we think that it is our seeing. However, it has been explained that the eyes of an individual who has departed his body, do not see anything. When the person departs, what happens to the eyes? They deteriorate; although, do your doctors and scientists say that they are no good? They ask for the eyes to be transplanted into persons who cannot see. Basically, the seer is God! From speculative observations, it is determined that the human eye had to be the channel through which mental, psychical, and intellectual powers originated. I said, "Well, that was a very good observation because they are seeing what God is permitting them to understand." Listen… let

us go one step higher. What about the eye of wisdom or the third eye that does not require the optical to see outside? How much of it are you using to see inside? You are using a portion of it to see inside. You definitely are! It is still God. If you are seeing something in a vision, meditation or in a dream, scientists have done extensive tests only to find the eyes moving all around, not discovering any important data. The times you have been permitted meditations, I see the eye movement. Forces of maya have hidden so many avenues that lead to spiritual knowledge and wisdom. They have been concealed from your sight. They have been diverted from your understanding. However, it does not mean that the potential to reach the highest spiritual attainment will disappear. It just means that you have been kept at a distance. You must put a stop to it through your spiritual efforts, through your spiritual practice. Make a greater effort to receive all that God has to give, all that God has to reveal. Do not let the universe hide the truth. Do not let the maya hide spiritual realization. The universe is very interesting in how it interacts with the maya.

It just does not want you to excel as it gives credence to maya. To some people, maya appears greater than God. I have heard people say, "I could not meditate. I constantly see many worldly images, worldly lures and temptations in front of me. Therefore, I could not meditate. I gave it up." How can someone resign in defeat like that? Of course, it is weakness! However, it cannot be allowed to be used as an excuse not to strive. Persevere!!! Strive onward!!! Do not become so stalled and stranded on the spiritual path that you would decline spiritual endeavor. God is here! God is near! God is nearer to you than your very own breathing, and is looking through your eyes. How close does the Lord have to be for you to *not* say, "Here I am, at an impasse. I cannot go beyond this point." 'It is the truth that God is within you.' This is not delusion. It is really maya swerving you from the truth into confusion. As souls, you are greater than maya because you have a divine connection with the Lord. You have a divine connection with the truth. How can one allow this to be broken? Maya can appear stronger and better or greater. Do not give it credibility. Give God the credit!!!

Give God the glory and become the best person that you can be on the spiritual path. *Baba* has shared that, "One day, it should be *we*. The things that *we* have seen together, that *we* have experienced spiritually; not just I. Most certainly, I have brought this to you, I have shown you the way, I have led you, guided you. What about *we*, all proceeding in the same direction, together with the one purpose, with the one thought of really making this world be the best, through our own efforts." Here *Baba* clearly defines further that we, the people, must move into the light together, that we engage in spiritual life and God Realization together! People think God has just a select few that are entrusted and empowered by God, and that they are above everybody else. Well then, why does the Lord say, "From age to age, I make the appearance on earth." It could not be for the purpose of those who are realized. There are sages, holy persons in the field. They are in service for God and for us, to enter paradise together, and for all to experience the oneness and glory of God together. The Lord said, "Out of the many thousands of souls, some may strive for

the perfectional stage of life. And of those who have reached there, hardly one of them knows Me as I truly am." God, in that scripture is telling you that it will be difficult, yet not impossible! Not impossible! How can *Avatar* descend to earth and remain here all these years, only for a few that are supposed to be realized? Even Jesus Christ said, "I did not come here to raise up the righteous, I came here to save the sinners and serve the poor, the poor in spirit." He came here to give them guidance and to give them direction, not necessarily to save those who had already committed their lives to God.

Take God to be one who is not only in your eyesight, also let Him be in your earshot, in your thinking and in your speaking. Let God live in your mind and in your spirit. If you can, internalize the Lord. Install the Lord within your heart. That is what is real... that is what is truly real!

Now let me give you a reference from the *Narada Sutras.* Narada the sage had a question, "Oh, most

worshipable Lord," inquired he, "Speak of your very special presence." The Lord said, "I am not residing in *Vaikuntha*. Neither, am I residing only in the hearts of the *Yogis*. I am residing wherever My devotees congregate to chant My names, to sing My praises, Narada." Narada Muni always chanted God's Names and could go right to the presence of the Lord and yet, he had to be told, "I am in the heart of My devotees." What about the people whom the Lord is *at* their heart? The Lord says, "I am *at* the heart of creation. I am *at* the heart of the atom. I am *in* the heart of my devotees!" Think about it! Introspect!

It is important that if we want to progress as an *ashram*, if we are going to truly benefit from the blessings from *Bhagawan Sai*, we need to see God in our heart, in our soul, in our life, in our thinking, in our speaking and interacting with others, and not in how well persons have memorized the Vedic scriptures, how much charity they have done, or karma yoga they do. It is recognized when the spirit of Lord is in you. As you communicate, as you speak kindly to others,

the potential to achieve greatness is there. It does not have to be exploited. What really has to be proven before others? We want to live a life that God finds favor with, that is all. *Baba* had to make it very clear to these devotees who have expectations. It is not what you think about God, or what you perceive of God, it is what God perceives and knows concerning you! It is not whether you are devoted to *Sai*, it is whether God considers you to be a devotee! The Lord knows to whom you are devoted. Most people are devoted to the world. They are devoted to themselves and their own ambitions. Their devotion is expressing upon how they are living and what they are exemplifying. When you are completely devoted to the Lord, you will know why the Lord says, "You are My devotee."

My prayer to the Lord is that we move forward in spiritual life, that we count our blessings, that we appreciate the simplistic shelter of our *ashram*, that we acknowledge the goodness, the kindness of *Avatar* for giving us our land, giving us a new

direction, giving us the leadership, that encourages us to live the spiritual life daily.

Follow the principles of *dharma*, of goodness and righteousness. You will see your spirituality increase. You will see yourselves becoming more devoted to the Lord and how great it is! How great it is to experience the glory and the greatness with God. It is your divine right! It is your divine heritage! You are entitled to it! You have a right to know God. You have a right to experience the Divine in life. And you have a right to realize God!

May all persons go forward daily to attain the highest goal, beyond Salvation, beyond Liberation, and beyond Self-Realization, all the way to the highest fulfillment in God Realization.

Om Shanti Om,
A. C. Turiyasangitananda
(June 11, 1995)

Let The Lord Have The Reins

"With Me always in their thoughts, their lives, surrendered to Me, always speaking of Me and enlightening each other about My greatness, they remain ever contented, taking delight in Me."

Sri Krishna
BG Ch.10, vs 9

Om Shanti Om,

his is a blessing to hear *Baba* telling us that He has made an appearance in the world to light the lamp of love in the hearts of humanity, so that the Christian can become a better Christian, the Islamic man can become a better Muslim, and the Hindu can become a better Hindu. We have so much to be thankful for, and should always count our blessings. Most people today seem to focus on something that is not a blessing,

something that is inauspicious, something ill, a hardship, or misery, instead of acknowledging the blessings of life. There may be challenges to life, to existence, with test and trials. However, what do you think the tests and trials are intended for? They are here to help you to become stronger, to help you to become more determined, not to point out only faults and weaknesses. Tests are intended to strengthen you, to give you courage, and to show you where the source of all strength exists. When there is a test to your faith, or to your existence, your way out is with God. That is the real light at the end of the tunnel. There are no mathematics that you can utilize for a solution; there is no therapy, no doctor, or psychiatrist to get advice from for your spiritual problems. Go to the Lord!!! The Lord will see you through; the Lord will give you guidance. The Lord will help you.

Be thankful for what you have. The quantity of material possessions does not give peace. It does not grant happiness, neither does it liberate anyone, nor does it give realization to anyone. In all of your service, in the

quality of your meditations and endeavors spiritually, you must believe with all thankfulness that you have this opportunity to strive, to seek and attain the Lord. I am telling you, the rewards are immeasurable, they are immense and beyond human comprehension. They are greater than any test, trial, affliction or suffering that you may experience in life. It is so beautiful, the way the Lord has arranged life. Externally, it can appear very, very challenging, and it is challenging to many people, and yet, the inside story is totally different. Your soul is not perturbed, your soul is not upset, your soul is not confused, your soul does not suffer anything! Your soul has no fear of tomorrow. What about the people who are saying, "What is going to happen to me? Look at all of these problems that are occurring in life?" Your soul does not consider any of these types of things. Soul, esoterically, is already one with the Supreme. You have not realized it. This is why they term it 'Realization'. If you do not attain it, it is not useful. Have a computer in your home; if you cannot operate it, it serves no purpose. You can have your jet plane sitting out there on the runway; if you do not know how to fly it, it does not do you any good. Your soul is one with the Supreme. It lives

in that knowledge. You experience the oneness of the soul with God. Most of us think that this embodiment is ours! That is a mistake!!! That is totally erroneous. The material body can never be ours. People identify with it, and they claim it. Do you ever claim your soul? Do you ever consider that it is greater, better, superior to this human, fallible, material body? People are not concerned with values and matters of the soul. They are involved with, how am I going to maintain this human body. Yes, face your responsibility there, face the task. Moreover, what is going to happen when you leave this world? You are not this body; you are not a limited human body concept. The Lord wants you to know the truth, not a semblance of truth, not the shadow of truth, not the unreality parading as truth. The real truth is, you are *Atman*! You are Divine Soul!! You do not even experience death when the body dies. That transition is instantaneous. People fear the unknown... they fear a finality. There have been too many instances in which people have been attacked. The perpetrator struck someone, the body fell; however, what was standing was the soul. The immortal soul was seeing the light, the truth, and the love of God in front

of him. There was not any anger. What about Gandhi? When the attacker assaulted Gandhi, what did he do? Did he curse him? No, he blessed him! This is not just being noble. Once you cross over into real life, there is nothing other than perfect peace, the light of truth, understanding, bliss and the love of God. That is what is on the other side for those who live a spiritual life. Now, there are certain ones who go through some unique experiences. When they cross over, there is something about the mind.... Sometimes a person's last thoughts are often highly spiritual. For example, a man who was being executed in San Quentin had thirty seconds of life left when he said, "I am Jesus Christ," to the astonishment of the guards and spectators. He did not know how to describe immortality. He did not know how to describe deathlessness, and yet he recalled a name, a name that he had denied throughout his lifetime. On his death day he said, "I am Jesus Christ, deathless, immortal." Also, there are purification destinations for people to reach before they can live the heavenly life. For example, some people attempt an exit out by their hand, at such time, they are retained in a realm where the Lord will

recreate their sinful situations. Subsequently, the Lord will allow them to either remain here or leave this world after they have faced their problems.

God is Great! We should look at how the Lord was teaching. You basically know as adults, certain spiritual values have to be honored and respected. Let us look at how the Lord was teaching at *Kurukshetra.* Why do people, who have some spiritual values, involve with negativity? Why do they attract or magnetize themselves to worldliness and involve with unsacred activities and unsacred thoughts? If you do not know the truth, if you do not have any spiritual guidance, that is different, because this is acting basically out of ignorance. Although, as someone who is supposed to know better, he should live accordingly, and not commit sin. This is a subject that you should introspect on! You have had it set forth through the scriptures, through the word of the Lord, through the teachings, what is right and what is not right. Unfortunately, people will still act in an unspiritual way, when they know better. They will have confrontations which they

can eliminate all together by not even entering into them, nor responding in a hostile manner. When you do not see a peaceful resolve, when you are seeking only to blame, to criticize and to judge, did the Lord authorize you to act in such a way? The Bible says *do not judge others.* Because, who is the judge? It has to be the Lord. If anyone should criticize, it should be God, and not the people. The Lord said to *Arjun*: "You know your duty. Look at how you are conducting yourself in a way that cannot bring spiritual success; it cannot bring spiritual advancement. Here you are well known throughout the world as being highly achieved and highly advanced, so proficient in your art as a *Kshatriya*, and yet, look at your demeanor on the battlefield of life. Wherefrom do you get your doubts and fears?

When God is beside you in the battlefield, as with *Arjun*, victory is certain. God is within you. However, the stage was set in such a way that *Arjun* was the chariot commander, and the Lord, the charioteer. Here God decided to be the driver of the human

intellect. Let the Lord have the reins and whatever direction the Lord says go, *go in* that direction devoid of questioning that authority. As such, you will not end up ignoring, devaluating spiritual life and not really accomplishing your goal. Why should you waste your life? We do not gain time, we lose it. You should decide upon how to best utilize the time that you have on earth by keeping your focus on the Lord, upon God's will. When you have the guidance, when you have the holy scriptures, and when you obtain spiritual direction, follow these and obey.

You profess to be among those who are on the spiritual path, therefore you should not act contrary to that path. Do not get involved with controversy. You do not know your background. You do not know your own history. There are people who are involved with karmic consequences. That means: these people have to encounter conflict because there were mistakes uncorrected back then in their history, or in the new generation of karma debts. In terms of karmic conflict with others: Why are you in

their proximity? Why are they in your proximity? It is for a reason. *Ramakrishna Paramahansa* said, "When you pull a tree out, the roots are connected to it. If you transplant the tree someplace else, the roots are still there." This means that you come into this world bringing with you the aggregate of past deeds and misdeeds. You bring the situations and the circumstances that have not been resolved. The lessons that were not learned in the past, you will see them manifest. Until a spiritual resolve comes, not a human one, not a mathematical one and not one involved with education, psychology and psychiatry, you cannot absolve the karma results and its cycle of conflict. Through only the Lord's mercy, you get free from sinful karma. And, do you know what? When you say, "I do not want to continue to harbor anger, envy and dislike for this person, I want to work vigorously in my *sadhana* on the spiritual path so that there will be forgiveness in the heart, not in the mind, only truly in my heart." Do you know what the Lord will do when necessary? He will let your enemy be born as your son, so that you will love that enemy. You will not hate him, otherwise that cycle would not end. Hating and retaliating goes on and on, life after life,

until someone says, "Wait a minute! I do not want this conflict to continue, I will turn to the Lord for the answers." The Lord said, "Your enemy is going to be born as your son. After you have developed love so easy for that son, then I will tell you that he is no more your enemy. The cycle ends here! Because you have loved this enemy, you have loved the one whom you have hated. Now he will never be born as your enemy; and you will never be born again as his enemy."

When we turn to the Lord, we will get the direction and guidance to accomplish great things in spiritual life. I believe that the greatest achievement is devotion, because from devotion you have such an advantage point that enables you to conduct yourself spiritually, at all times. If you are at the level of *jnaan*, if you are at the level of speculative knowledge, and you want to be analytical about things, be observant and objective, that is one aspect of spiritual life. However, it is not a devotional one, because the Lord says, "I make knowledge valid." Divine wisdom is different. Wisdom is a divine dispensation. Knowledge has to

be substantiated. That is why the path of *jnaan* is not all sufficient in itself, as is the path of devotion. The Lord says,

"Get Devotion for Me, and
everything else shall be added unto you."

Even with God's spiritual light, spiritual perception, spiritual awareness, spiritual opulences, and spiritual blessings, everything else is added. These virtues are so empowering; they have been entrusted to devotees by the Lord; it is really incredible to see persons who have devotion for the Lord. You have the same potentiality in you. You have the same capabilities in you as any saint, or sage, or even demigod, because qualitatively, you have divine *atma* in you, and there is no limit to the heights that you can achieve through devotion. Some of the demigods have some evolving to do when it comes to devotion. This is why they cannot fully understand the devotees. They say, "How is it that we are here at high levels in the universe and the devotees are in higher spiritual dimensions?" There has to be a transformation from whatever you consider your position, your status,

your knowledge, and your skills. One's life has to be transformed into a devotional one before the Lord can raise you up to the level that is higher than most or all of the demigods. They know it. This is why many of them long to take birth on earth. They want to cultivate devotion for the Lord because they find difficulty in attaining devotion due to their powerful regulatory stellar positions in the universe. Devotion takes you all the way to the Supreme who endows you with divine attributes. That is the Lord's message given today.

I pray that all of those present will seek the truth that is God. I pray you will introspect and not reject spiritual principles nor spiritual values. I pray that you will remember the teachings that God has given, and cherish the blessings of the holy Word, the spiritual guidance, and the direction thus to avoid unsacred confrontations and disputes that do not accomplish anything spiritually; that you will keep your focus on the Lord for spiritual Realization. The allotted 100 years of time is in *Kali Yuga.* How many people are able to live those one hundred years. For the time

that you have, let it be utilized efficiently in the best interest of your spiritual goals, so that you may reach the highest attainment, the highest realization; and, that can be accomplished if there is a daily effort put forth in your *sadhana*, i.e. your prayers, and meditations. I pray that you go forth onward, beyond Salvation and Liberation, because they are not the fulfillment-end of the journey. Even Self-Realization, to know your own soul, is not the journey's end in the Lord; go onward to the highest attainment of God Realization, where you see God face to face, where you are privileged to dwell with the Lord every moment of your existence. For at such time, there is no wall of separation between God and yourself; you dwell with the Supreme wheresoever it is; in the heaven worlds, the astral worlds, the outer universes; wherever. God is one with you. You are one with God. Endeavor to attain to that exalted status of God Realization.

Om Shanti Om,

A. C. Turiyasangitananda

(June 25, 1995)

The Avataric Advent of Bhagawan Sri Krishna

"The atman is neither born nor does it die; nor once having been will it ever cease to be – Unborn, Eternal and Ancient. It is not destroyed when the body is slain."

Sri Krishna
BG Ch.2 vs.20

Om Shanti Everyone,

ow great, how glorious are the Names of God? We are so fortunate to have been given the gift of hearing so that we can hear the recitation of the glorious Names of the Lord. There are some people who are not born with this gift. They will not hear the Lord's Name. You are quite fortunate to be able to hear the Names of the Lord. When divinely sung by a great devotee, or gifted singers of the Lord, all those Names sound more powerful. Our existence, our

consciousness, our lives are sustained and uplifted by them.

We are also fortunate today to gather together, to observe *Janmastami.* This is a very holy and sacred day that is not only being observed at this *ashram,* it is observed in many ashrams worldwide. They are honoring the excellencies and the glories of *Bhagawan Sri Krishna.* And likewise, we have the opportunity to worship on such a holy and auspicious occasion in this observance of *Janmastami.* What is *Janmastami?* Janam is birth and astami is 8. When we look at the figure 8, even in this country, it looks like the symbol of infinity, doesn't it? There are no broken lines, everything is connected, set all together. This is Godlike: that which is unbroken, that which is infinite, unchanging, existing without a beginning or ending. We heard the one thousand names of God *Vishnu,* whom you all must know, is *Lord Krishna* on earth. The *Vaishnavs* say it is *Lord Krishna* everywhere, in the *Vaikuntha,* in any other heaven world, or *patal* or on earth. We have those one thousand beautiful names of the Lord speaking of

the opulences, speaking of the greatness, speaking of the excellencies of the Lord. The Lord tells us, "How many *rishis*, how many sages and holy men tried yet could not inscribe the numerous names of God, nor the voluminous *lilas* of God?" They recorded a few, that is good. The Lord says, "They, most often, could not inscribe what I am conveying, due to the velocity of the transmission."

On this observance day, we want to put our attention on *Lord Krishna*'s appearance in this world. This world was truly blessed for such an advent to take place. It came at a time when the earth required it. In those days, virtue and goodness were greatly deficient in spiritual life. Somehow as human life proceeds, the Lord says, in the holy *Bhagawad Gita* that "I have to descend to earth from age to age." So here, five thousand years ago, the people of this world lived in the time period known as *Dwapara Yuga*. Royal diplomacy and deceit were prevalent at that time. There was a decline in moral values, and a decline in *dharmic* principles. You had *kshatriya* terrorism led by the ruling classes of warriors.

The demigods were observing all of this and they could do nothing about it, *Bhumika Devi Mata* either; however, she went to *Brahmaji*, to plead for help saying, "We need your divine help to be rid of the burden of sin on earth. I am carrying this weight upon me. This unsacredness, this unholiness upon the people is painful and dangerous," *Devi Mata* prayed. Eventually, her prayers were answered. However, *Vishnu* transmitted to the heart of *Brahma* saying, "I will make an appearance on earth. I will make an appearance in the form of *Bhagawan Sri Krishna*; and My purpose of that avataric event will be to chastise the demonic mentalities and bless the people who have prayed for My appearance, My advent, and I will uplift the downtrodden ones that have prayed to me saying, "Dear Lord, please return, please help us!"

Let me tell you something of the blessed mother and father of Lord *Sri Krishna.* It is very well conveyed in *Mahabharat* and *Bhagavad Puran,* that the mother and father were relatives of Kamsa. In fact, the mother was the sister to Kamsa. In *Mathura,* Kamsa the king

heard a prophetic voice warning him of a truth which everyone heard. *Vasudev* and *Devaki*, who had just gotten married and were going along in their chariot, in a joyful, celebratory mood and wonderful spiritual atmosphere, heard this voice from above saying, very loudly, "Kamsa, why are you driving this chariot? You must be some sort of buffoon. Don't you know that your sister here will give birth to a child, her eighth one, who is going to destroy you." That statement totally infuriated Kamsa. He wanted to take the life of his sister, immediately. *Vasudev* said to Kamsa, "Please do not perpetrate such a reprehensible act. Here you are a very great king, you have been very honorable in battle, you have been great and victorious. Why would you want to end the life of a helpless female? This is not meritorious." *Vasudev* continued saying, "Such a thing as this is unthinkable. Do not consider it." Nevertheless, Kamsa was so fearful of the prophecy that he had his sister and her husband arrested, shackled and thrown into prison.

In the jail cell, the Lord appeared in all of His

beautiful glory. The mother saw His four-armed Form; she saw Him ornamented. She heard the heavenly sounds of rejoicing, and she listened to the singing of wonderful hymns honoring and praising the birth of *Lord Krishna* on earth. Eventually, those shackles would fall off, the prison doors would open, and *Lord Krishna* would be taken over to *Brindavan.* Such a wonderful event was miraculous. Kamsa deliberated over what the apocalyptic, prophetic voice had stated, specifically that, "The eighth child of *Devaki, Sri Krishna,* is the one who will take your life." Also, *Vasudev* stated, "Do not commit a sin, because maybe in the future it will be different." When prophecy is given, sometimes it means for one to make a change in his life, then the outcome is different. However, this prophecy had to be fulfilled, and it was fulfilled in the proper time.

Growing up in *Brindavan* was so very lovely, so wonderful. The *Gopikas* could not concentrate on their work when thinking about *Lord Krishna.* Everything was *Krishna.* Bhagawan Sri Satya Sai Baba said in

Bhagawan Sri Krishna
with the Gopikas in Brindavan.

Prema Vahini, "There is no other thought in the mind of gopikas, except for *Lord Krishna*. Everything is *Krishna*; the air is *Krishna*; even the trees." *Krishna* was the only thought, the only hope. The only wish in the heart was for *Krishna*, and nothing else. That is really great, when you think of, here you are today engaging in your *sadhana*, with other thoughts in mind. Sometimes one cannot meditate, do any *sadhana* or engage in any devotional activities because the thoughts are not steady upon the Lord. When they are concentrated upon the Lord, you are able to do your work more efficiently, more competently. Think about that! Do not say, well okay, at 5 o'clock I might have a chance to meditate, to write the names of God, and to recite them. With such commitment, watch the lack of improvement in the quality of your work, watch the inefficiency of your work. When people's thoughts are not on God, of course, the forgetfulness comes in, and the inefficiencies come to the fore. The thoughts should be upon the Lord, like those great devotees and great initiates of *Lord Ramachandra.* They had the great privilege to reincarnate in *Dwapara yuga* for Lord Krishna's appearance on earth.

When the Lord was in the battlefield teaching, He stated, "My purpose is to correct the ills, the wrongs, and to restore *dharmic* principles and values to their highest level. That is the purpose! This is why I incarnate from age to age, to protect those ones who are trying to live the righteous spiritual life and to correct the ones who are not."

Once I went to a program and a young man asked a question. There were some *sannyasis* sitting there, and they asked this one *sannyasi* a question, "Isn't it so, that we were in power, (the man was from India) weren't we in power? What happened?" He even went so far as to say that the people of color were in power. "Why is it turned around?" I did not have anything to say, because the question was not addressed to me. Let me share something with you: There would not have been war. *Lord Krishna* would not have been on the battlefield, teaching what is right, what is wrong. If they were listening and heeding the guidance in the first place, there would not have been *Bhagawad Gita*, there would not have been a conflict. There would have been peace in

this world. Since the Lord gives freedom of choice, you have the right to choose what you want. You can select what you want to do. However, the Lord tells us that, in terms of the Mahabharat war, *Pandavas* wanted to fight, *Kauravas* wanted to fight. He told them that, "Who has said that there must be a war? Is it really necessary?" They said," Yes, if we do not attack, they will attack us. We have to be the first ones to get this war started." *Lord Krishna* said, "Do not. I will go to Hastinapur and speak to the King. I will plead for peace. Whatever your differences are, you must diplomatically converse on them. You must deliberate over the differences and not go to war?" What I wanted to tell this young man was, if *Pandavas* and *Kauravas* had heeded *Lord Krishna*'s request, there would not have been the *Mahabharat* war nor the fifteen hundred wars that have transpired since that time. India was the epitome of power, intelligence, knowledge, and spiritual wisdom. India's weapons were all cosmic, atomic weapons divinely structured to burn, to bring down rain, to emit smoke into the air, and to completely immobilize the enemy. And this was practically all lost. *Lord Krishna* spoke saying, "You

do not have to fight! I will just ask you this much: give *Pandavas* five villages." This was unacceptable to the son of the king, *Duryodhan.* This is why the king could not truly rule as a king. He had *pitramoha.* He was so attached to the son, and so proud of him that he could not perform his duty as king.

You may say, I am just a mother, I am only a father or I am a scientist, or doctor. You are almost none of those things, and yet when you start to identify with them, the ego says, Oh, I can accomplish this because I am a doctor, I am a poet, I am a teacher. You are basically none of it! You identify with what you are going to have twenty-five years from now, or what you are going to have in fifty years. And yet, that which is transitory is transitory. What is real is everlasting, and what is divine is your soul. It was not created. These bodies we live in, they are created. We watch them change, we watch them die a little bit biologically every day. We cannot put stock and value in something temporary or transitory. Your faith, your trust has to be in the Lord. However, the son *Duryodhan* said, "No, I will not give

them five villages. I will not give them anything; I will not give them a needlepoint speck of land." That is very terrible, isn't it? When we do not listen to the Lord, then what are the results? All those *Kauravas* were destroyed, except the one who said, "No, I am getting out of the Kaurava army." He took the side of *Pandavas.* It is so interesting.

Before the war, there was an opportunity for *Duryodhan* and prince *Arjun* both to go to *Lord Krishna* for advice. *Duryodhan* felt very proud of himself asking for armies of the Lord believing that there is great strength and power in numbers. *Arjun,* the youngest, only asked for *Lord Krishna. Duryodhan* thought, "That man is crazy. What a fool. How could he ask only for one person who declined to fight in the battlefield, saying that He would go there only to drive the chariot." *Duryodhan* said, "I want the army." Do you know that *Lord Krishna* gave him eleven hundred thousand soldiers, and they could not win the war. They could not win against five *Pandavas,* with the Lord being the charioteer, and a few other participants.

That is very sad. Who are victorious in the war? Those who are on God's side! Do you want to be victorious in life? Then who should be your charioteer, your leader? It should be the Lord. Let the Lord direct you. Let the Lord chart your course in life. Let the Lord guide you. The Lord knows the way. We think that we really know the way? God knows the way. Let us follow that guidance, and leadership which only the Lord can give and we all shall be successful, for certain.

Death is transition. Death has to do more with time rather than injury, disease, or anything else. Death and time go together. Do not worry about that, think about now. You have an opportunity to strive, to meditate, to pray, to engage in karma yogic selfless services, to be helpful, to be kind, to be forgiving to others, to be worshipful, and to become devoted. *Jnaan* is not God. Do not ever believe it. There are some people who get deeply involved with their educations, they get involved with technologies and science believing that these are all one needs. The *jnaani*, can at best, become liberated. The Lord said, "Knowledge will

give liberation. Knowledge will set you free." Free, in what way, to roam around the universe? Who needs to roam around the universe? I do not think that is very interesting. The universe also has to die like any other body. There is no permanence in the universe you are living in; nor in the outer universes, there are no permanencies in the beyond. What is permanent is God, because God is in charge of creation. What is here today may have to be gone tomorrow. *Brahmaji* the creator in a universe had a life of one hundred celestial years; equivalent to three hundred eleven trillion, forty billion years, and he has already used up to fifty celestial years. Now, he is down to approximately one hundred and five trillion, twenty billion years. It adds up! There is no permanence in anything created. The permanence is in the Lord. It is in God. And what did the Lord say when coming to earth? He told the people, "If you get devotion for Me, everything else shall be added unto you." There is no reality in your life if God is not there; in any home, there is no life in that home, there is no peace in the home without the Lord. Homes would be better lived in, the children

would be happy, there would be peace in the home if humanity had devotion for God because the Lord will inspire, the Lord will guide. Get devotion for the Lord. That is all you require. Offer your worship to God. This is how you attach yourself to God and not to the world. It does not mean to not perform your duty. Mothers and fathers, yes be dutiful, be responsible. Fulfill obligations to family. Be responsible as citizens. Do your work; and for the allotted time you have, dedicate it to the Lord. Do not miss any days intended for meditating or praying or doing *sadhana.* This is highly important!

We are so blessed, and grateful to have this opportunity to dwell on the greatness of God, together with His excellencies and glories. As we are so blessed at *Sai Anantam*, we are also so very thankful.

Om shanti. I pray that all present will dwell upon the greatness and glory of *Bhagawan Sri Krishna*, who out of great mercy has made an appearance on earth to be with the people, to bless the people, to converse

with the people, and to help heal the people on earth. We thank the Lord for the mercy. We thank the Lord for the constant guidance, constant divine leadership in our lives. We thank God for taking us through the various stages of human life up to the point where we are now. We thank the Lord for all of the goodness, and all of the kindnesses that have been bestowed upon us. I pray that all those present today will remember to thank the Lord, to meditate and to pray, and to go onward in life; beyond Salvation. Salvation is very fine, however, to be salvaged? Your soul knows better than that; and it knows that you can be *more than* salvaged, it knows that you can be liberated. Your soul also knows that there is something else beyond Liberation. It knows it is Self-Realization. The self-realized man knows his soul, and he can recognize others'. The highest realization is God Realization. For you, let it be the greatest fulfillment in your life, this absolute Realization in God.

Om Shanti,

A.C. Turiyasangitananda

(July 12, 1995)

Glossary

~A~

Anantam: Endless, limitless and eternal.

Antakaram: The consortium of mind, subconscious mind, chit, intellect, the ego, trigunas, and the senses.

Ashram: A sanctuary; a hermitage.

Atman: The true self, the Immortal Soul.

Aum, Aumkar, also **Om:** The pranava. The sacred symbol and apellation of God as Universal Brahman.

Avatar: God-Incarnate.

~B~

Bhagawad Gita: This Divine Song of the Lord occurs in the Mahabharata and comprises eighteen chapters of Vedic truths given by Lord Krishna to Arjun on the battlefield at Kurukshetra, 5,000 years ago.

Bhagawad Puran: Ancient Hindu shastras (scriptures) in which Vedic injunctions are illustrated through accounts of divine incarnations, saints, and sages.

Bhagawan: God.

Bhumika Mata: A name for mother earth.

Brahma: The creator in the universe.

Brahmamuhurta: Early morning hours, particularly between 4:00 and 6:00 a.m.

Brindavan, *also* **Vrindavana:** The beautiful, sylvan area located in the district of Mathura, India where Lord Krishna's pastimes with Gopas and Gopikas took place.

~D~

Dharmic: Pertaining to righteousness and duty.

Duryodhan: One of the Kauravas. A son of Dhritarashtra, and cousin of the Pandvas.

Dwapara Yug: The third of the four great Ages that include Satya, Treta, and Kali. The Dwapara Yuga lasts 864,000 years.

Dwaraka: The citadel with nine gates i.e. the body. Also, Dwaraka was a city with a celestial palace structured by Vishwakarma, a divine architect, and builder for Lord Krishna.

~G~

Gopika(s): Cowherd maidens who were worshippers and great devotees of Lord Krishna in Brindavan.

Guru: The spiritual Preceptor.

~H~

Hatha Yoga: A system of physical techniques and exercises for wholeness of body, mind, and spirit.

~I~

Indriyas: The senses.

~J~

Jnaan: Knowledge, wisdom.

~K~

Kali Yuga: This present age. It is known as the age of quarrel and ignorance. Kali Yuga lasts 432,000 years.

Kauravas: Considered forces of evil. Descendents of King Kuru who fought against their cousins, the Pandavas.

Krishna: Bhagawan Lord Krishna. The name literally means dark or black. The Avatar of the Dwapara Yuga.

Kshatriya: A warrior.

~M~

Mahabharat: One of the great spiritual literatures depicting the holy war in which Lord Krishna rendered the entire Bhagavad Gita to Arjun.

Mandir: A temple.

Mathura: An ancient city situated in the province of Agra near the Yamuna river and held in high esteem as the birthplace of Lord Krishna.

Maya: Delusion, illusion.

~N~

Namo: Name; usually heard in Vedic prayers and mantras.

Narada Muni: One of the devoted and great sages of the Lord.

~P~

Pandavas: Cousins of the Kauravas; devotees of Lord Krishna.

Paramatman: God. The Supreme soul.

Pitramoha: False pride for a son.

Prahlad: A youth devoted to Lord Krishna.

Prakriti: Gross, material, sensory world.

Prema Vahini: Stream of Love; also a book by Sri Satya Sai Baba.

~R~

Raja yoga: Union between bhakti and karma yoga.

Ramakrishna, Paramahansa (1836~1886): A great prophet of God who declared that the ultimate realization of God can be experienced through the various faiths or religions of the world if one's devotion to the Lord parallels one's spiritual endeavor.

~S~

Sadhana: Spiritual practice.

Sai: Mother~Father

Sannyasi: A renunciate.

Sat Chit Ananda: Existence, Consciousness, Bliss.

Satya Sai Baba: Bhagawan Lord Satya Sai Baba, the God~incarnate of this present age. 'Satya' means truth. 'Sai' means Mother~Father, also Saint.

Shanti: Peace, calm.

Shastras: Religious Scriptures.

Siva: The aspect of Godhead that destroys basic ignorance and awards enlightenment.

Sri: A prefix that means radiant and illustrious. It is written or spoken before the names of eminent and respected persons or of God.

~T~

Trigunas: Qualities born of the human nature, such as sattwic (good-natured), rajasic (aggressive), or tamasic (slothful).

~U~

Upanishads: A compilation of philosophical writings. There are ten principal ones. Their doctrinal focal point is an exposition of the esoteric meaning of the Vedas.

Uwacha: Said.

~V~

Vaikuntha: A celestial, Heaven world.

Vasudeva: A Name of the eternal God who pervades the entire universe.

Vedas: Divine knowledge emanated from God and was compiled into Sama, Rik, Yajur, and Atharva Vedas. They are known as one of the highest scriptural authorities.

Vishnu: The first God of the eastern Trinity. The Preserver of creation.

Vishwanath: The sun. The Being that resides in the sun.

~Y~

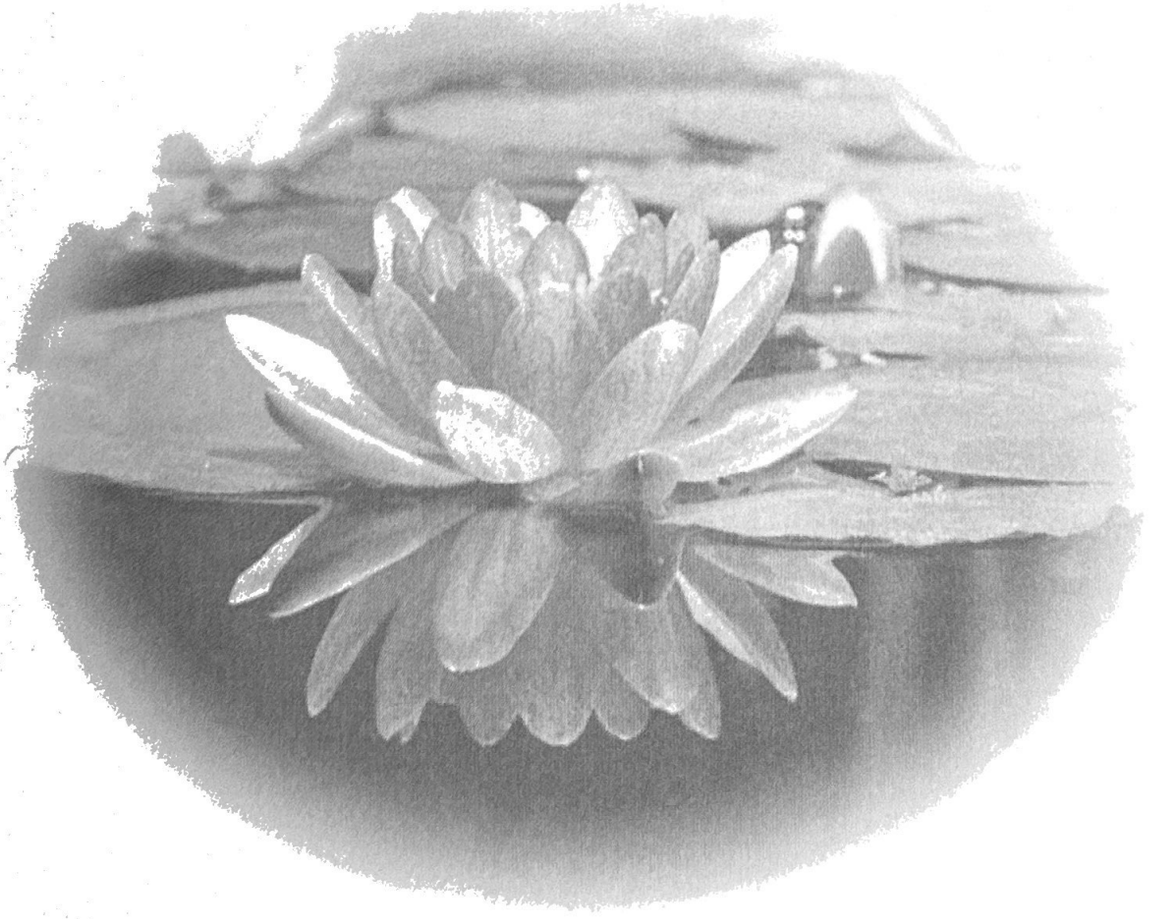
Yogi: A practitioner of yoga.

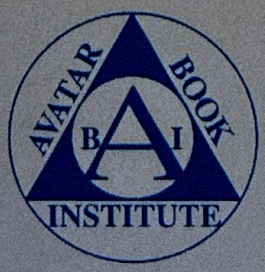
Swamini A.C. Turiyasangitananda

Asathoma Sat Gamaya
Tamasoma Jyothir Gamaya
Mrithyor Maa Amrutam Gamaya
Om Shanti Shanti Shanti

•••

Lead us from the unreal to the Real
Lead us from darkness to Light
Lead us from death to Immortality
Om Peace Peace Peace

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